

Sodium Content of Foods



Following a 2-gram-diet means eating fresh foods with very little salt added to them.

Sample

(Note: This diet does not include any added salt.)

Foods	Serving Size	Mg Sodium Per Serving	Servings Per Day	Total Sodium
Milk	1 cup	120 mg	2	240 mg
Meat (no salt added)	3 oz	60 mg	2	120 mg
Fresh Vegetables	1/2 cup	10 mg	3	30 mg
Fruit	1/2 cup	2 mg	3	6 mg
Bread	1 slice	150 mg	3	450 mg
Grain - oats, rice, pasta, etc.	1/2 cup	1 mg	5	5 mg
Margarine, butter, or mayonnaise	1 tsp	30 mg	3	90 mg
Total Sodium Per Day:				941 mg

Sodium Counter

A balanced diet of fresh foods, as shown above, and no added salt, has less than 1000 mg of sodium. You may use a few other foods that have sodium as long as you keep your total daily sodium intake below 2000 mg.



Breads, Cereals	Mg Sodium
Biscuit (1)	250
Pancake (3)	600
Waffle (1)	350
Dry cereal (3/4 cup)	280
Shredded wheat	0
Instant hot cereal (1 pkg)	250



Beverages	Mg Sodium
V-8 juice (6 oz)	550
Buttermilk (1cup)	350
Soda (12 oz)	50
Diet soda (12 oz)	75
Club soda (12 oz)	70
Mineral water (12 oz)	8
Coffee, tea	1



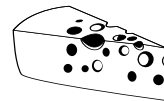
Entrees	Mg Sodium
Frozen chicken pot pie (8 oz)	1000
Canned chili with beans (1 cup)	1250
Pizza (1/4 of 12")	600
Corned beef of rye	1200
Hamburger	525

Convenience Foods

Stuffing mix (1/2 cup)	500
Flavored minute rice (1/2 cup)	700
Shake & Bake (1/4 pkg)	600
Soup (1 cup)	900
Canned vegetable (1/2 cup)	300
Olives (2 large)	150
Dill pickle (1 large)	1430

Mg Sodium

Sweet pickle (4 chips)	200
Baking soda (1 tsp)	821
Baking powder (1 tsp)	486



Cheese

Processed American (1 oz)	400
Mozzarella (1 oz)	100
Cheddar (1 oz)	200
Cottage cheese (1/2 cup)	450
Cream cheese (2 tbsp)	84
Parmesan (1 tbsp)	93

Mg Sodium

Desserts

Cake (1 slice)	200
Cookies (3)	220
Plain donut	100
Pie (1 slice)	400
Ice cream or gelatin (1/2 cup)	60



Meat Products

Tuna (1/4 cup)	300
Bacon (1 slice)	100
Lunch meat (1 slice)	300
Pork link (1)	500
Hot dog (1)	500

Condiments

Salt (1/4 tsp)	500
Mustard (1 tsp)	50
Ketchup (1 tbsp)	150
Soy sauce (1 tbsp)	1000
Salad dressing (1 tbsp)	160

If you have any questions, please call your registered dietitian.